



These are recipes which can be prepared in advance, or whipped up in minutes to provide tempting food for late suppers, or snacks at any time.

Ellen Sinclair

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Australian Women's Weekly*

This section contains a selection of easy-to-make meals, which can be whipped up in minutes or prepared in advance. Many are suitable to serve as first courses.



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SUGGESTIONS FOR TEMPTING SUPPERS AND SNACKS

For some reason these are the most difficult meals to think of, yet, the most appreciated. The following may be useful.

'Bangers and mash' — hot, brown, sizzling sausages served with creamy mashed potatoes, make an excellent supper or snack; so, too, do scrambled eggs; hot bacon sandwiches with sliced tomato; grilled cheese on toast; ham and eggs; hot slices of raisin toast; anchovy toast — hot buttered toast spread with anchovy paste; cinnamon toast — combine one-third cinnamon with two-thirds sugar, sprinkle over hot buttered toast, place under hot griller 1 minute; hot crumpets; any spaghetti dish (see Rice and Pasta set J).

Photography by Garry Isaacs

FRYPAN PIZZA



FRYPAN PIZZA

PIZZA DOUGH

- | | |
|-----------------------------------|-------------------|
| 1½ cups self-raising flour | 1 egg |
| 60 g (2 oz.) butter | ⅓ cup milk |
| ½ teaspoon salt | |

Sift flour and salt into bowl. Rub in butter until mixture resembles fine breadcrumbs. Make a well in centre of dry ingredients, add combined egg and milk. Mix to a soft dough. Roll out dough to cover base of lightly-greased electric frypan. Spread Tomato Topping over. Arrange cheddar cheese slices evenly over tomato. (Frypan is not turned on to heat at this stage.)

TOMATO TOPPING

- | | |
|---------------------------------------|---|
| 155 g (5 oz.) can tomato paste | ½ teaspoon basil |
| 1 medium onion | ½ cup water |
| 1 teaspoon sugar | 125 g (4 oz.) packaged cheddar cheese slices |

Put tomato paste, peeled and chopped onion, sugar, basil, and water into saucepan. Bring to boil, reduce heat, simmer uncovered 8 minutes, stirring occasionally; allow to cool.

OTHER TOPPINGS

- | | |
|-------------------------------|----------------------------|
| 60 g (2 oz.) mushrooms | 60 g (2 oz.) salami |
| 125 g (4 oz.) prawns | butter |
| 4 anchovy fillets | basil |
| 6 stuffed olives | |

Saute sliced mushrooms in a little butter, sprinkle over one quarter of pizza; sprinkle shelled prawns over second quarter of pizza; sprinkle chopped anchovy fillets and sliced olives over third quarter of pizza; arrange sliced salami over remaining quarter. Sprinkle a little basil over all toppings.

Put lid on frypan, close vent. Turn heat to 180°C (350°F), cook for 12 to 15 minutes making sure vent is closed for whole of cooking time.

Serves 4.

THE PLOUGHMAN'S LUNCH



THE PLOUGHMAN'S LUNCH

Shown in color on this card, The Ploughman's Lunch, served in the inns and taverns of England, is a casual meal, easy to prepare, ideal for a summer brunch or lunch — and it's a great hit with men. It consists of a crusty loaf of fresh bread, butter, a wedge of good cheese, pickled onions, mugs of cold beer.

OPEN-FACE SANDWICHES

(shown on Divider Card)

These are smorrebrod, the open-face sandwiches of Denmark. They are knife-and-fork sandwiches, and make excellent light suppers or snacks. Toppings illustrated are prawns and cucumber slices tossed in french dressing; salami slices with tomato and sliced olives; ham with pineapple and sliced gherkins; salmon with caviar and hard-boiled egg slices.

Other topping suggestions: hot fish fingers with tartare sauce; chicken with mayonnaise; roast beef with horseradish; tomato slices topped with curried egg; prawns and asparagus; pork with red cabbage; chicken with chutney; pork with pineapple.

A small salad — perhaps just lettuce, tomato, cucumber slices tossed in french dressing — makes a colorful addition to each plate; serve it by the side of the sandwich.

BARBECUE PRAWNS**BARBECUE PRAWNS**

500 g (1 lb.) green king
prawns

2 teaspoons cornflour

1 teaspoon salt

1 egg-white

1 teaspoon curry powder

1 large onion

$\frac{1}{4}$ teaspoon sugar

2 teaspoons sate sauce

3 tablespoons cream

$\frac{1}{2}$ red pepper

1 cup oil

Shell and remove back vein of prawns. Using sharp-pointed knife, cut deep slit halfway through back of each prawn. Place cornflour, salt and egg-white into bowl; mix well. Add prawns; mix well. Allow to stand 1 hour. Heat oil in frying pan or wok, add prawns, fry quickly for 2 minutes or until prawns are just cooked; remove from pan. Drain off oil from pan, leaving approximately $\frac{1}{4}$ cup oil.

Add peeled and chopped onion to pan, saute for 2 minutes. Add curry powder and sugar, stir for 1 minute. Add prawns to pan, stir 1 minute. Add sate sauce and cream, bring to boil, reduce heat, simmer 1 minute, stirring constantly. Add seeded and finely sliced pepper. Remove pan from heat.

Line serving dish with lettuce leaves, spoon prawns over. If desired, place small metal bowl in the centre of prawns. The bowl is filled with warmed brandy and set alight. Pick up a prawn with chopsticks, hold over the brandy flame to heat and flavor the prawns.

Note: Sate sauce is available at most large supermarkets or Chinese food stores.

Serves 2.

WELSH RAREBIT

250 g (8 oz.) cheddar cheese
2 tablespoons plain flour
4 tablespoons beer or milk
1 teaspoon worcestershire sauce

½ teaspoon dry mustard
salt, pepper
1 egg-yolk
30 g (1 oz.) butter
8 slices bread

Place grated cheese, sifted flour, beer, worcestershire sauce, mustard, salt, pepper and butter in saucepan. Stir over low heat until cheese is melted. Add beaten egg-yolk, continue to stir until almost to the boil, but do not boil. Remove from heat. Toast bread slices, cut off crusts, if desired. Spread cheese mixture evenly over bread. Place under hot griller until golden brown. Serve hot.

Serves 4.

OMELET ARNOLD BENNETT

2 eggs, separated
⅓ cup cream
250 g (8 oz.) smoked
haddock

45 g (1½ oz.) butter
3 tablespoons grated
parmesan cheese
salt, pepper

Put fish in shallow pan, add cold water to cover. Bring to boil, reduce heat, simmer 10 minutes or until fish is tender; drain and cool. Remove any skin or bones from fish, then flake.

Melt 15 g (½ oz.) butter in pan, add 3 tablespoons cream, stir in flaked fish, cook 1 minute.

Beat egg-yolks with 1 tablespoon cream until light and fluffy, season with salt and pepper.

Beat egg-whites until soft peaks form, fold in egg-yolks, fish mixture and 2 tablespoons grated parmesan cheese.

Heat pan, add remaining butter; when butter is foaming, pour in omelet mixture. Stir once or twice over moderate heat, leave for 1 minute until bottom is brown. Scatter remaining cheese on top of omelet, spoon remaining cream over, place under hot griller until omelet is brown. Slide on to a hot serving dish, do not fold.

Serves 2.

WELSH RAREBIT



STEAK SANDWICHES



STEAK SANDWICHES

8 thick slices bread

60 g (2 oz.) butter

2 large onions

4 thin slices scotch fillet
or fillet steak

4 eggs

2 medium tomatoes

lettuce

extra butter

salt, pepper

Toast bread slices; keep warm. Heat butter in frying pan, add peeled and sliced onions, saute gently until onions are tender, remove onions from pan; keep hot.

Break eggs into pan, fry gently on both sides until cooked; keep hot. Flatten out steaks with meat mallet or rolling pin. Add steaks to pan, fry quickly on both sides until tender.

Butter toast with extra butter. Layer shredded lettuce, steak, sliced tomatoes, egg and onion on to four slices of toast. Season with salt and pepper. Top, if desired, with any favourite sauce.

Cover with remaining slices of toast. Serve with salad and hot chips.

Serves 4.

CREAMY CHICKEN LOAF



CREAMY CHICKEN LOAF

1.5 kg (3 lb.) chicken

½ cup mayonnaise

½ cup sour cream

**1 tablespoon chopped
parsley**

2 gherkins

3 shallots or spring onions

**1 tablespoon gelatine
salt, pepper**

**½ teaspoon prepared
mustard**

1 teaspoon grated lemon rind

1 tablespoon lemon juice

4 hard-boiled eggs

Steam or boil chicken in usual way until tender; reserve 1 cup chicken stock. When chicken is cold, remove skin and bones. Chop meat very finely.

Put mayonnaise, sour cream, parsley, finely-chopped gherkins, finely-chopped shallots, lemon rind and lemon juice and mustard into bowl, stir until combined. Season with salt and pepper.

Put gelatine and reserved chicken stock into saucepan, stir over low heat until gelatine is dissolved; cool. Add gelatine mixture to mayonnaise mixture, stir until combined. Add finely-chopped chicken, stir until combined.

Lightly oil a 23 cm x 12 cm (9 in. x 5 in.) loaf tin, cover base with finely-chopped hard boiled eggs, spoon chicken mixture over evenly. Cover tin, refrigerate overnight. Turn out of tin, carefully cut into slices.

Serves 4 to 6.

SOUFFLE OMELET



SOUFFLE OMELET

30 g (1 oz.) butter

1 tomato

2 rashers bacon

2 shallots or spring onions

3 eggs, separated

salt, pepper

½ teaspoon french mustard

1 tablespoon milk

15 g (½ oz.) butter, extra

Heat butter in frying pan, add thickly-sliced tomato and bacon rashers, fry until bacon is just crisp and tomato just cooked; remove from pan, keep warm.

Beat egg-yolks, mustard and milk until combined, season with salt and pepper.

In separate bowl, beat egg-whites until soft peaks form, fold into egg-yolk mixture.

Heat extra butter in clean frying pan, turn pan so that butter flows evenly over base and sides of pan. Spread egg mixture evenly into pan. Cook over medium heat until omelet puffs and under-part is lightly golden.

Remove pan from heat, place under hot griller until top is firm. Place bacon, tomato and chopped shallots on one side of omelet. Fold omelet over. Place on serving dish. Serve with green salad.

Serves 1.

ONION PANCAKES



ONION PANCAKES

PANCAKES

1 cup plain flour
pinch salt

1 egg
1¼ cups milk

Sift flour and salt into bowl, make well in centre of dry ingredients. Combine beaten egg and milk, gradually add to flour, mix to a smooth batter. Heat pan, grease lightly. From jug pour 2 to 3 tablespoons of mixture into pan, cook slowly, loosening edges with knife until set and lightly browned underneath. Toss or turn, brown on other side. Repeat with remaining batter.

FILLING

90 g (3 oz.) butter
3 large onions
3 tablespoons flour
1½ cups milk

salt, pepper
½ teaspoon dry mustard
pinch nutmeg
250 g (8 oz.) cheddar cheese

Heat butter in pan, add peeled and finely-chopped onions, saute until tender. Add flour, stir until combined, remove pan from heat. Gradually add milk, stir until combined. Return pan to heat, stir until sauce boils and thickens. Reduce heat, add salt, pepper, mustard and nutmeg; mix well, Simmer, uncovered, 5 minutes, stirring occasionally.

Stack pancakes on heatproof dish, layering each one with onion sauce and grated cheese, finishing top pancake with grated cheese only. Bake in hot oven 10 minutes or until cheese is golden brown. Cut into wedges to serve.

Serves 4 to 6.

CHEESE PIKELETS



1 cup self-raising flour
 ½ teaspoon salt
 ½ teaspoon dry mustard
 pinch pepper
 ¼ teaspoon bicarbonate
 of soda
 1 egg

⅔ cup milk
 1 teaspoon vinegar
 60 g (2 oz.) cheddar cheese
 1 tablespoon grated
 parmesan cheese
 30 g (1 oz.) butter

Sift dry ingredients into bowl. Gradually add combined egg, milk and vinegar. Mix to a smooth batter. Add grated cheese, parmesan cheese and melted butter; mix well. Drop tablespoons of mixture on to well-greased pan, cook until bubbles appear on top. Turn, cook other side. Serve hot, buttered.

Makes about 12.

BACON PIKELETS

30 g (1 oz.) butter
 2 rashers bacon
 1 medium onion
 pinch salt
 ½ teaspoon curry powder
 ½ teaspoon dry mustard
 1 teaspoon sugar

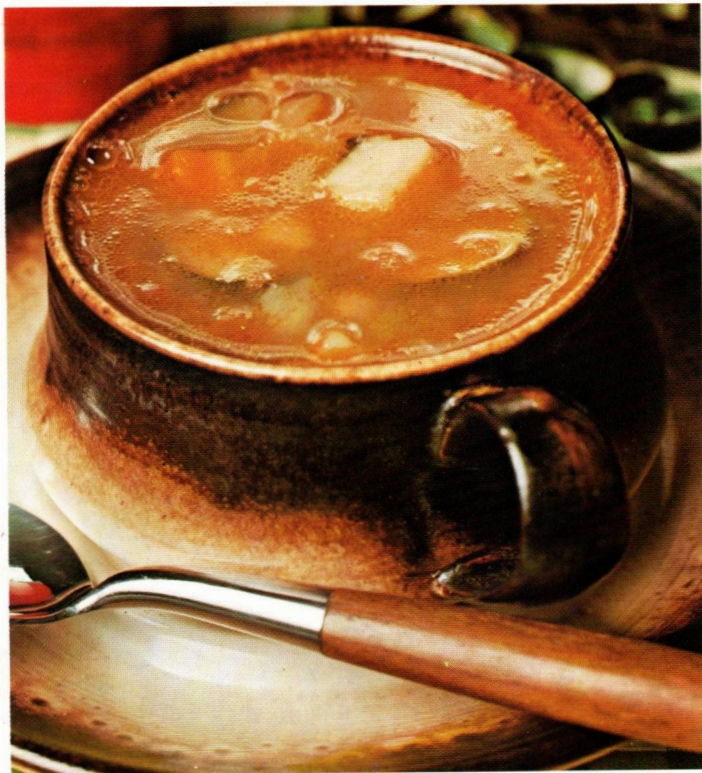
¼ teaspoon bicarbonate
 of soda
 1 cup self-raising flour
 ⅔ cup milk
 1 teaspoon white vinegar
 1 egg
 30 g (1 oz.) cheddar cheese

Heat butter in frying pan, add finely-chopped bacon and peeled and finely chopped onion, saute until onion is tender; remove from heat. Sift dry ingredients into bowl, gradually add combined egg, milk and vinegar, mix to smooth batter. Add bacon mixture with fat from pan and grated cheese; mix well.

Drop tablespoons of mixture on well-greased pan. Cook until bubbles appear on top, and pikelets are light golden brown underneath. Turn, cook other side. Serve hot, buttered.

Makes about 12.

MINESTRONE



MINESTRONE

30 g (1 oz.) butter
500 g (1 lb.) gravy beef
3 litres (12 cups) water
1 teaspoon salt
125 g (4 oz.) haricot beans
60 g (2 oz.) butter, extra
2 large onions
125 g (4 oz.) bacon pieces

2 large carrots
2 sticks celery
2 potatoes
500 g (1 lb.) fresh peas
3 tomatoes
1 cup shredded cabbage
salt, pepper

Cut meat into large pieces. Heat butter in large pan, add meat, brown well on all sides. Add water and salt, bring to boil, reduce heat, simmer, covered, 1 hour. Add beans, simmer, covered, a further 1 hour. Strain stock into large bowl, discard meat and return beans to stock.

Heat extra butter in pan, add peeled and chopped onions and chopped bacon pieces. Saute gently until onions are golden brown. Add peeled and diced carrots, sliced celery, peeled and diced potatoes, shelled peas, and chopped tomatoes, cook a further 2 minutes. Add stock, stir until combined. Season with salt and pepper. Bring to boil, reduce heat, simmer covered 30 minutes. In last 5 minutes of cooking time, add cabbage.

Serves 6 to 8.

CHICKEN DIVAN



CHICKEN DIVAN

1.5 kg (3 lb.) chicken
 2 315 g (10 oz.) packets
 frozen broccoli
 boiling salted water
 60 g (2 oz.) butter
 3 tablespoons flour
 ½ cup cream
 1 tablespoon dry sherry

1 tablespoon grated parmesan
 cheese
 salt, pepper
 30 g (1 oz.) butter, extra
 30 g (1 oz.) almonds
 ½ cup fresh breadcrumbs
 1 tablespoon grated parmesan
 cheese, extra

Steam or boil chicken until tender, drain, reserve 1½ cups of the chicken stock. Remove skin and bones from meat; leave meat in large pieces.

Place broccoli into boiling salted water, cover, cook 10 minutes or until tender; drain.

Heat butter in pan, add flour, stir until combined, remove pan from heat. Add reserved chicken stock and cream, stir until combined. Return pan to heat, stir until sauce boils and thickens. Add sherry and parmesan cheese, stir until combined. Season with salt and pepper. Simmer sauce, uncovered, 2 minutes.

Heat extra butter in frying pan, add finely-chopped almonds and breadcrumbs, stir over low heat until breadcrumbs are golden brown. Add extra parmesan cheese; mix well.

Place broccoli around edge of shallow ovenproof dish. Arrange chicken in centre of dish, then pour sauce over. Top with breadcrumb mixture. Bake in moderate oven for 15 minutes or until heated through.

Serves 4 to 6.

SEAFOOD PANCAKES

SEAFOOD PANCAKES
PANCAKE BATTER

$\frac{1}{3}$ cup plain flour
pinch salt

1 egg
 $\frac{1}{3}$ cup milk

Sift flour and salt into bowl, add egg; mix well. Gradually add milk, mix to a smooth batter. Heat pan, grease well. From small jug pour 2 to 3 tablespoons batter into pan, cook slowly, loosening edges with knife until set and lightly browned underneath. Toss or turn, brown on other side.

Makes 4 pancakes.

FILLING

500 g (1 lb.) prawns
250 g (8 oz.) scallops
1 cup water
 $\frac{1}{2}$ cup dry white wine
1 small onion
60 g (2 oz.) butter
3 tablespoons plain flour

$\frac{1}{2}$ cup cream
salt, pepper
3 shallots or spring onions
30 g (1 oz.) butter, extra
 $\frac{1}{3}$ cup packaged dry
breadcrumbs
60 g (2 oz.) cheddar cheese

Shell and remove back vein from prawns; reserve prawn shells. Place reserved prawn shells, water, wine and peeled and chopped onion in saucepan, bring to boil, reduce heat, simmer, uncovered, 5 minutes; drain, reserve stock. Return stock to pan, add cleaned scallops, simmer 3 minutes or until just cooked; drain, reserve 1 cup stock.

Heat butter in pan, add flour, stir until combined, remove pan from heat. Add stock and cream, stir until combined. Return pan to heat, stir until sauce boils and thickens. Simmer, uncovered, 3 minutes; remove pan from heat. Heat extra butter in pan, add chopped shallots, saute gently 1 minute, add seafood, stir until combined. Add seafood mixture to sauce; mix well. Season with salt and pepper.

Spoon filling down centre of each pancake, then roll up. Place on greased baking tray. Sprinkle over combined breadcrumbs and grated cheese. Bake in hot oven 5 minutes or until heated through.

Serves 4.

PAN-FRIED SANDWICHES



PAN-FRIED SANDWICHES

To pan-fry sandwiches: Spread prepared filling on to one slice of bread, top with another slice of bread. Heat 30 g (1 oz.) butter in frying pan, add sandwiches, fry gently until golden brown on one side, turn over, add extra 30 g (1 oz.) butter to pan, lifting sandwiches, so that melted butter will run under. Fry gently until golden brown. Remove sandwiches from pan, cut into wedges.

SANDWICH FILLINGS

- Combine 1 cup finely-chopped chicken with ½ stick finely-chopped celery, 2 finely-chopped shallots or spring onions, ½ teaspoon french mustard and 2 tablespoons mayonnaise. Season with salt and pepper.
- Spread bread slice with prepared mustard, top with sliced ham and thinly sliced pineapple. Season with salt and pepper.
- Place sliced cheese on to bread slice, top with sliced tomato. Season with salt and pepper.

CHEESE SOUFFLE



CHEESE SOUFFLE

4 eggs, separated

125 g (4 oz.) butter

4 tablespoons plain flour

1 teaspoon salt

pepper

¼ teaspoon dry mustard

1 cup milk

125 g (4 oz.) cheddar cheese

Melt butter in top of double saucepan over hot water; remove from heat, stir in sifted flour and seasonings, stir until smooth and free from lumps. Stir in milk gradually, return to heat; stir over hot water until smooth and thick. Remove from heat; stir in grated cheese while still hot, stir until melted. Allow to cool slightly.

Beat egg-yolks until pale and fluffy, gradually fold into cheese mixture, using metal spoon or spatula.

Beat egg-whites until soft peaks form. Add half the whites to sauce, fold through carefully, then fold in remaining whites. Pour souffle into four greased individual souffle dishes. Place on oven tray.

To bake at once: Bake in moderate oven 25 to 30 minutes.

To refrigerate overnight (or up to 24 hours): Refrigerate uncovered. Next day, place in moderate oven, bake 30 minutes.

To freeze: Cover top of souffle dishes with plastic food wrap or aluminium foil; this will prevent hard skin forming. When ready to bake, remove plastic wrap or foil. Place souffles in cold, unlit oven; then turn on oven heat and set temperature at moderate, bake 40 minutes.

SAVORY CHICKEN LEGS



SAVORY CHICKEN LEGS

125 g (4 oz.) salami

1 large onion

2 tablespoons chopped
parsley

8 chicken legs

2 eggs

flour

salt, pepper

packaged dry breadcrumbs

oil for deep-frying

Place very finely chopped salami, peeled and very finely chopped onion and parsley into bowl; mix well. Gently loosen skin around chicken legs, starting at thick end of leg. Do not cut or tear skin. Carefully pack salami mixture evenly under skin of each leg. Roll legs in flour seasoned with salt and pepper. Coat with beaten eggs, then roll in breadcrumbs.

Place chicken legs in deep hot oil, fry very gently until golden brown and cooked through (approximately 12 minutes). Do not have oil too hot, or legs will brown too quickly and not cook through.

Serves 4.

ONION CHEESE BALL



ONION CHEESE BALL

500 g (1 lb.) cream cheese
 1 medium onion
 6 shallots or spring onions
 2 tablespoons chopped
 parsley
 1 teaspoon worcestershire
 sauce

¼ cup tomato sauce
 4 gherkins
 1 clove garlic
 salt, pepper
 1 cup dehydrated onion
 flakes

Beat cream cheese until smooth. Peel and finely chop onion, finely chop shallots, add to cream cheese with parsley, worcestershire sauce, tomato sauce, finely-chopped gherkins, crushed garlic, salt and pepper. Beat until well combined.

Sprinkle onion flakes on to sheet of greaseproof paper, divide mixture evenly into two portions, shape into balls, coating with onion flakes. Place on tray, cover with plastic food wrap, or foil, refrigerate 2 hours, or overnight. Serve with savory biscuits.

Note: Dehydrated onion flakes are available from health food stores.

HAM AND ASPARAGUS TOAST



HAM AND ASPARAGUS TOAST

4 thick slices bread
butter

1 cup fresh breadcrumbs
60 g (2 oz.) butter, extra

4 slices leg ham

470 g (15 oz.) can green
asparagus spears

Toast bread slices until golden brown, slice off crusts. Butter each slice of toast. Place a slice of ham on each piece of toast. Then top each with drained asparagus. Spoon over prepared Mustard-Cheese Sauce.

Melt extra butter in pan, add breadcrumbs, stir until golden brown. Sprinkle breadcrumbs over sauce. Place each slice of toast on baking tray. Bake in hot oven 5 minutes.

Serves 4.

MUSTARD-CHEESE SAUCE

60 g (2 oz.) butter
3 tablespoons flour
1½ cups milk

2 teaspoons french mustard
60 g (2 oz.) cheddar cheese
salt, pepper

Melt butter in pan, add flour, stir until combined. Remove from heat. Add milk, stir until combined, return to heat, stir until sauce boils and thickens. Add mustard; mix well. Simmer sauce, uncovered, 2 minutes. Add grated cheese, stir until cheese melts. Season with salt and pepper.

TOMATO FONDUE



TOMATO FONDUE

1 clove garlic

1½ cups dry white wine

2 tablespoons tomato paste

**750 g (1½ lb.) cheddar
cheese**

⅔ cup tomato puree

2 tablespoons cornflour

salt, pepper

¼ teaspoon paprika

Add crushed garlic and wine to fondue pot, heat wine to boiling point. Add grated cheese gradually, stirring constantly until cheese melts and mixes with wine. Add tomato paste, stir until combined.

Combine tomato puree and cornflour, add to cheese mixture, stir constantly until mixture thickens (approximately 3 to 4 minutes). Add paprika, season with salt and pepper. Serve with chunky pieces of bread.

CHINESE GLAZED PORK RASHERS



CHINESE GLAZED PORK RASHERS

1 kg (2 lb.) pork rashers

¼ cup soy sauce

1 tablespoon hoy sin sauce

1 clove garlic

1 tablespoon honey

1 tablespoon sugar

pinch pepper

Place pork rashers in one layer in baking dish. Bake in moderate oven 30 minutes, turn rashers over, bake a further 30 minutes. Drain off all fat. Combine soy sauce, hoy sin sauce, crushed garlic, honey, sugar and pepper in bowl. Add pork rashers; mix well. Allow to stand at least 1 hour (for better flavor, cover dish and place in refrigerator overnight).

Place rashers in baking dish with marinade. Bake in hot oven 15 to 20 minutes or until marinade has thickly coated pork. Turn pork frequently during cooking time.

Serves 6.

Note: Hoy sin sauce is available at large supermarkets and Chinese food stores.

FRANKFURTS IN BARBECUE SAUCE



FRANKFURTS IN BARBECUE SAUCE

- | | |
|----------------------------|----------------------------------|
| 1 tablespoon oil | 1 teaspoon dry mustard |
| 8 frankfurts | 2 teaspoons worcestershire sauce |
| ½ cup tomato sauce | salt, pepper |
| 1 tablespoon brown vinegar | 8 bread rolls |
| 1 tablespoon brown sugar | |

Heat oil in frying pan, add frankfurts, fry gently 3 minutes, turning frankfurts frequently. Combine tomato sauce, vinegar, sugar, mustard, worcestershire sauce, salt and pepper. Pour over frankfurts, simmer gently 3 minutes or until sauce thickens slightly. Place frankfurts in centre of buttered bread rolls.

Serves 4 to 8.

FISH FINGERS WITH CURRY SAUCE

- 500 g (1 lb.) packet fish
fingers

CURRY SAUCE

- | | |
|---------------------------|-------------------------------------|
| 60 g (2 oz.) butter | 470 g (15 oz.) can beef
consomme |
| 1 medium onion | 2 tablespoons tomato sauce |
| 2 teaspoons curry powder | 1 teaspoon lemon juice |
| ¼ teaspoon cinnamon | salt, pepper |
| ¼ teaspoon mixed spice | ½ cup sour cream |
| 1 teaspoon paprika | |
| 2 tablespoons plain flour | |

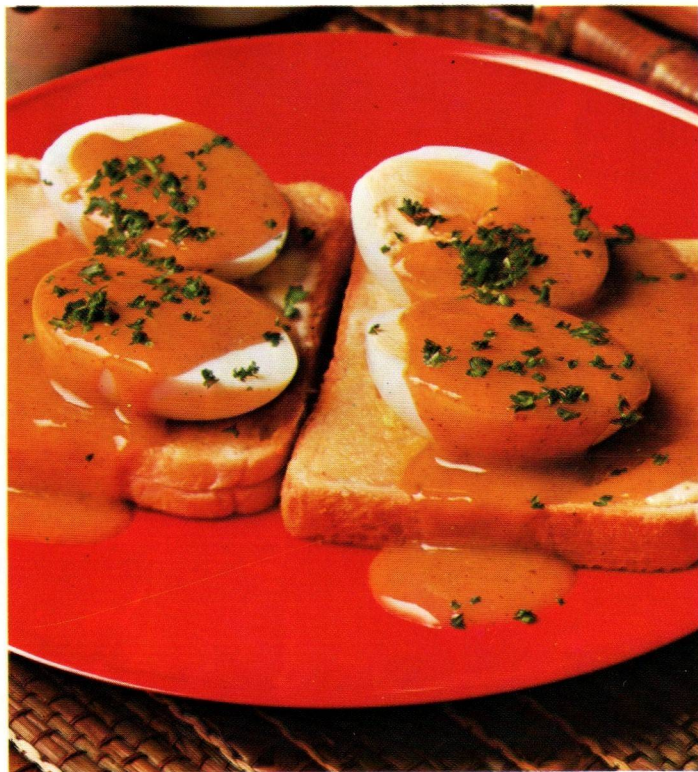
Heat butter in pan, add peeled and finely-chopped onion, curry powder, cinnamon, mixed spice and paprika. Saute gently until onion is tender. Add flour, stir until combined, remove pan from heat. Gradually add consomme, tomato sauce, and lemon juice, stir until combined. Return pan to heat, bring to boil stirring, cover, reduce heat, simmer gently 20 minutes. Season with salt and pepper.

Stir in sour cream, heat gently, but do not boil.

Heat fish fingers as directed on packet. Place fingers on serving plate, serve sauce separately.

Serves 4.

CURRIED EGGS



CURRIED EGGS

8 hard-boiled eggs

90 g (3 oz.) butter

2 large onions

2 teaspoons curry powder

3 tablespoons flour

2 cups water

2 beef stock cubes

2 tablespoons chutney

salt, pepper

chopped parsley

Heat butter in pan, add peeled and chopped onions, saute gently until onions are golden. Add curry powder and flour, stir over low heat 1 minute. Remove pan from heat, add water and crumbled stock cubes, stir until combined. Return pan to heat, stir until sauce boils and thickens.

Add chutney, season with salt and pepper. Simmer, uncovered, 15 minutes. Push sauce through sieve; discard pulp. Return sauce to pan, heat gently.

Shell and halve eggs. Eggs can be placed on to hot buttered toast, and sauce poured over, or add eggs to sauce and heat through gently. Sprinkle with chopped parsley.

Serves 4.

SAVORY CRUMBED SAUSAGES



SAVORY CRUMBED SAUSAGES

1 kg (2 lb.) thick beef or
pork sausages
water
2½ cups stale white
breadcrumbs
1 medium onion
1 stick celery
2 tablespoons chopped
parsley

¼ teaspoon rosemary
¼ teaspoon mixed herbs
salt, pepper
flour
2 eggs
¼ cup milk
oil for deep-frying

Prick sausages well. Put into large saucepan, cover sausages with cold water. Bring to boil, reduce heat, simmer uncovered 10 minutes; drain. Remove skins immediately.

Combine breadcrumbs, peeled and finely-chopped onion, finely-chopped celery, parsley, rosemary, mixed herbs, salt and pepper. Toss sausages in flour, shake off excess flour.

Beat eggs and milk together. Dip sausages into egg mixture, then roll in prepared breadcrumbs, pressing crumbs on firmly. Refrigerate 30 minutes.

Deep-fry in hot oil until golden brown. Drain on absorbent paper. Serve with tomato sauce.

Serves 6.

SALMON & CORN RING**SALMON AND CORN RING
DOUGH****3 cups self-raising flour****1 teaspoon salt****125 g (4 oz.) butter** **$\frac{3}{4}$ cup milk, approx.**

Sift flour and salt into bowl, rub in butter until mixture resembles fine breadcrumbs. Make a well in centre of dry ingredients, add enough milk to form a soft dough. Turn out on lightly-floured surface; knead lightly. Roll out to rectangle 40 cm x 30 cm (16 in. x 12 in.).

FILLING**30 g (1 oz.) butter** **$\frac{1}{3}$ cup tomato sauce****250 g (8 oz.) can salmon
or tuna****315 g (10 oz.) can whole****kernel corn****60 g (2 oz.) cheddar cheese
salt, pepper****4 shallots or spring onions**

Brush melted butter over dough, spread evenly with tomato sauce. Drain salmon, discard bones; spread flaked salmon over tomato sauce. Sprinkle over drained corn (reserve liquid), chopped shallots, grated cheese and salt and pepper. Roll up as for swiss roll, cut into seven even-sized pieces. Place into greased 20 cm (8 in.) ring tin, cut side up. Bake in hot oven 15 minutes, reduce heat to moderate, bake further 20 minutes. Serve hot with sauce.

SAUCE**reserved corn liquid from
can****milk****60 g (2 oz.) butter****2 tablespoons flour****60 g (2 oz.) cheddar cheese****1 teaspoon worcestershire
sauce****salt, pepper**

Make up corn liquid to $1\frac{3}{4}$ cups with milk. Melt butter in pan, add flour, stir until combined. Remove pan from heat, gradually add liquid, stir until combined. Return pan to heat, stir until sauce boils and thickens. Simmer, uncovered, 2 minutes. Add grated cheese, worcestershire sauce, salt and pepper, stir until combined and cheese melts.

Serves 4 to 6.

HAM PATE**HAM PATE**

60 g (2 oz.) butter
 1 small onion
 ½ teaspoon dried basil
 pepper
 ¼ cup dry white wine
 2 tablespoons brandy
 500 g (1 lb.) chicken livers

¾ cup cream
 125 g (4 oz.) sliced leg ham
 90 g (3 oz.) ham fat
 30 g (1 oz.) butter, extra
 salt
 1 tablespoon finely-chopped
 parsley

Heat butter in frying pan, add peeled and grated onion, basil and freshly-ground pepper. Saute gently until onion is soft. Add wine and brandy, simmer uncovered until liquid is reduced by half. Add cleaned and halved chicken livers, simmer gently 5 minutes or until just cooked. Remove chicken livers from pan, place in blender. Bring liquid to boil, boil uncovered until ½ cup liquid remains. Add liquid to chicken livers with cream, blend on medium speed until smooth, push through the sieve.

Finely chop ham and ham fat. Heat extra butter in frying pan, add ham and ham fat, saute gently 2 minutes. Add ham mixture with the butter to chicken livers, add parsley; mix well. Season with salt. Pour into serving dish, refrigerate until firm. Serve with toast or small savory biscuits.